



Sixth Sense

Which Week?

This Week: 27th Sept Week 2
Next week: 4th October Week 1

Meditation that adapts to you

Wellbeing Freebie?



Balance: Meditation & Sleep

Meditation that adapts to you

GET

In-App Purchases

10K RATINGS

4.9



AGE

4+

Years Old

CHART

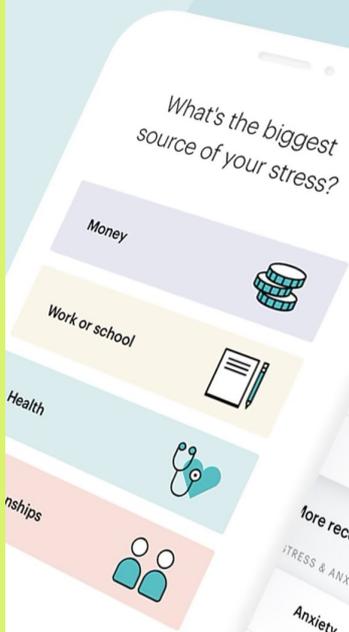
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Health & Fitness

You've got to love a 'freebie'! With the recent form time reference to anxiety and wellbeing **thanks to Jade Bull's excellent work**, it is fitting to see that up until the end of 2021, the

good people at **'Balance: Meditation & Sleep'** are offering a **year of free access** to their normal annual membership of approximately £70! This offer comes at a timely point where it may be useful to engage with a different approach suited to your own needs or triggers for anxiety and, as you can see from the image, comes highly rate as 4.9/5 by over 10 thousand people and incorporates anxieties that may well link to 'work or school' in addition to seeking those of you who feel you should be sleeping better, to maybe find a way of realizing this.

For those 'free-trial' aficionados out there, were you to take up this one-year trial I would set a reminder on your device when downloading to remind you in a year's time of the need to cancel before you start getting charged.



...well, maybe not 'heroes', but Miss Foster and Mr Curran are looking for students to nominate either themselves of someone who they think would make an outstanding Head of Year 12 and Year 13 respectively. Someone who would represent the views and opinions of other, be engaged in developing the work of the Sixth Form and keen to work with similar representatives from lower year groups within the Academy. Come and see us at the Sixth Form Office or email us using the details below.

You said—We did!

The Common Room continues to evolve.

- The lockers are now 'go' and are available to have at the cost of a £3 deposit (please see John).
- The independent study library (in the shelf space next to the Wardrobe of Requirement) provides a range of textbooks for all of our BTEC course in addition o Criminology and some of our A Levels. We are awaiting the delivery of the remaining textbooks that will span all of our A level subjects. Just a reminder that the text books should always remain within the Common Room for everyone to access and should be returned to the shelves after you have finished using them.**

For any information or feedback, please email: (Yr13) Mr Curran: ccurran@kingshurst.tgacademy.org.uk

(Yr12) Miss Foster: jfoster@kingshurst.tgacademy.org.uk; Mrs Bull: jbull@kingshurst.tgacademy.org.uk

John Bowers at jbowers@kingshurst.tgacademy.org.uk; Safina Kusar-Ahmed: skusar-ahmed@kingshurst.tgacademy.org.uk